

October 2022

Carver Council on Aging

What's Happening in October

Feeding Your Brain

by Marcia Richards,

BID Registered Dietitian

Friday, October 7th at 10:00 am

Learn which foods to add to your diet that will result in a clearer mind, improved mental capacity and performance, plus decreased anxiety and depression.

Please register at 508-866-4698 x3.



Meet the Author: Diane Finn

Wednesday, October 26th at 1:00 pm

Meet the local author of

Witches Brew & Mother

Crewe - Legends & True

Tales of Olde Plymouth

Discover some of New England's strange beliefs about witches during Colonial times. Find out about two women accused of witchcraft in Plymouth Courts and their twist of fate.

Please register at 508-866-4698 x3.



Movie Matinee - Hocus Pocus

Friday, October 14th, 12:30 pm.

Join us for this classic Disney Halloween comedy starring Bette Midler, Sarah Jessica Parker and Kathy Najimy. See the original before the sequel Hocus Pocus 2 is released!

Register at 508-866-4698 x3.



Senior Fire Safety

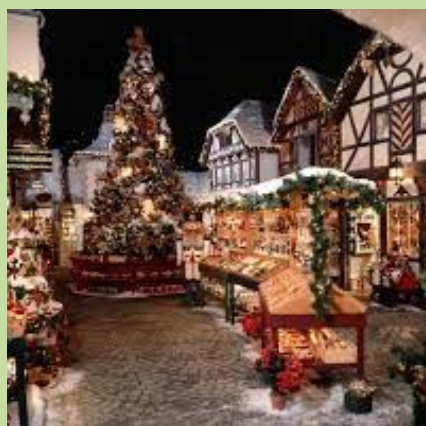
Monday, October 17th at 1:00 pm

Presented by Carver Fire Dept. Asst.

Deputy Fire Chief Jesse Boyle

Learn the importance of emergency preparedness for seniors in case of a fire. These helpful tips can save your life or someone you love.

Please register 508-866-4698 x3.



BLOOM Bus Trip - Yankee Candle & Bright Lights

Wednesday, December 7th from 9:00 am - 8:00 pm

Get in the holiday spirit with this fun filled day. Our first stop is lunch at Storowton Tavern & Carriage House, choose from Baked New England Scrod or Chicken Francaise. Then we are off to Yankee Candle to learn how candles are made and even dip your own candle. Shop at the world's largest candle shop and experience Christmas in their "Magical Land of Fantasy". When darkness sets we will drive through Bright Nights in Forest Park, a renowned village of Christmas lights. This will surely be an unforgettable experience as you are guided through over 600,000 twinkling lights. *Book today!* 508-866-4698 x3.

\$70/person for Friends Members / \$92 for Non-Members

Final payment due by Friday, November 18th

COUNCIL ON AGING

Monday -Thursday

9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver

508-866-4698

COA DIRECTOR / ACTIVITIES COOR.

Connie Kelly

Monday-Friday

8 AM-4 PM

508-866-4698 x3

connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair

Claudia Miller-Vice Chair

Helen Marrone-Secretary

Elaine Raymond

Mary DuRoss

Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President

Paul M Kelly -Vice President

Madeline Joyce -Treasurer

Jackie Rogerson - Secretary

Alice McMahon - Board Member

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm
a MINIMUM OF 2 BUSINESS DAYS IN ADVANCE
to schedule a seat on the bus.

Please have the address of the location you need transportation to when you call.

Call in advance to **CANCEL** a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please be ready at the scheduled pick up time!

Drivers are **only able to wait a maximum of 5 minutes** after the scheduled pick up time.

SHOPPING SCHEDULE

SUPERMARKET RUNS

Wednesdays 12:30 pm Market Basket
Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth
Fridays 9:30 am Shaw's

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. A book of passes makes a great gift for any senior in your life that needs transportation!

How do I schedule a ride?

Call 508-866-4698 x-1 prior to 12 pm the day before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers **must** bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

SPECIAL NOTICE

Due to increased ridership, reservations for Gatra Bus trips need to be made **as far in advance as possible.**

As soon as you make your doctor's appointments call the dispatcher at 508-866-4698 x1 to make a reservation for transportation as well.

It is never too soon to reserve your spot!

LOAN CLOSET (*please call before dropping off items*)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

The COA will make **FREE** limited copies for seniors. Ask a staff member during our regular hours for assistance.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**. Meet with Mark at the COA monthly every 4th Thursday.

LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the **second** Thursday of each month, starting at 10:00 am. Call 508-866-4698 x 3 for an appointment.

FREE FINANCIAL CONSULTATIONS \$\$\$\$\$\$\$\$\$\$

Meet with Sandy Childs, Financial Advisor with Edward Jones, for a free half hour session every 4th Tuesday from 1 - 4. Call 508-866-4698 x 3 for an appointment.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is **\$10** which supports COA activities, events, performances and trips!

Checks can be sent to:

Friends of Carver COA, P.O. Box 72, Carver, MA 02330.
For more info check the website: friendscarvercoa.com



SENATOR MARC PACHECO

Call 508-822-3000 or 617-722-1551 for an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call 508-295-5999 for an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. Drop-in.

FOOTCARE

Call Dr. McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic, 116 Court St., Plymouth 508-747-1973.



NOTES FROM OUTREACH

Important papers needed when applying for income-based programs:

* Social Security Letter * Bank Statements * Pension Letters * Pay Stubs (*if working*) * Medical Cost Receipts (*some programs can deduct medical costs including over-the-counter medication and wellness items*).

Heidi Lufkin-Miles - Outreach Facilitator

GATRA MINI-BUS

Peggy Wood
Dispatcher
Monday – Friday
9 AM-12 PM
508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles
Outreach Facilitator
Monday - Friday
8 AM - 4 PM
508-866-4698 x 2

NUTRITION CENTER

June Benson
Monday -Thursday
8 AM - 3 PM
Friday 8 AM - 12 PM
508-866-4698 x 4
Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA

with Mary Wilson RYT500

Mondays in October - 3, 17, 24 & 31 at **10:00 am**. Suggested \$5 donation.

Please register at 508-866-4698 x3.

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm.

Call to register at 508-866-4698 x3.

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays

at 5 pm. Register 508-866-4698 x3..

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Thursdays, 12:30 pm (Arrive **before 12:15 pm** to buy games) \$1 for 50/50, \$5 for a 10 game pack and \$1 for Coverall.

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am meet Police Chief Marc Duphily to discuss any concerns. Drop-in.

SINGO - MUSICAL BINGO

with Jim the DJ Guy on the *first* Monday of every month - 12:00 pm.

LINE DANCING CLASS

with David & Marcia Burbank

Fridays, October 7th &

21st at 1:00 pm. Cost: \$5

Please register at 508-866-4698 x3.



BEREAVEMENT SUPPORT GROUP

Meeting on Friday, October 28th at 10:00 am. Please register at 508-866-4698 x3. (every 4th Friday monthly)

TALK WITH THE T.A.

Carver Town Administrator Robert Fennessy will be available to meet with any seniors to discuss their concerns at the Carver COA every *third* Tuesday at 10:30 am. Drop-in.

iPAD INSTRUCTION

w/ Lydia Nelson Tuesday, October 25th at 10:00 am.

Bring your own iPad or borrow one of ours for this informal and fun class!

Please register 508-866-4698 x3.



WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES

Sponsored by the Friends of Carver COA
Wednesdays at 10:00 am
Please register 508-866-4698 x3.
Supplies may be limited.



Painted
Leaf Sign
10/5

Scarecrow
Magnets
10/12



Scratch Art
Sugar
Skulls
10/19

Halloween
Tea Lights
10/26



JEWELRY MAKING WITH NANCY

Thursday, October 13th at 3:00 pm

Design and craft a custom piece of jewelry with Nancy's helpful guidance. Cost \$10.

Register at 508-866-4698 x3.

BOOK CLUB SELECTION

The Muralist

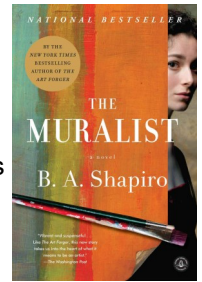
By B.A. Shapiro

A thrilling novel of art, history, love, & politics that traces the life and mysterious disappearance of a brilliant young artist on the eve of World War II.

Please register at 508-866-4698 x3 and for a copy of the book.

Book Discussion Meeting:

Monday, October 31st at 1:00 pm.



Halloween Candy LCR Game Day

Sponsored by the Friends of Carver COA

Monday, October 24th at 1:00 pm

Come play the easy-to-learn, fast-paced dice game called *Left, Center, Right* using Halloween candy to build the pots!

You never know until the very end who will win! Please register at 508-866-4698 x3.



RETIREMENT: MAKING YOUR MONEY LAST

Presented by

Sandy Childs

Financial Planner

with Edward Jones

Wednesday, October 19th at 1:00 pm

We'll discuss ways to help you work toward achieving your retirement goals with a focus on your retirement income needs and what matters to you most.

Register at 508-866-4698 x3.



SHINE NEWS

Medicare Open Enrollment runs from

October 15 - December 7

and is the time of year when you can make changes to your Medicare coverage.

Please call for an appointment today! 508-866-4698 x2

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1

*Wed 1 - 4

Sat/Sun/Mon - Closed

*Wed. is Veteran's Shopping Day
508-866-7673

MEALS ON THE MOVE

The COA provides prepared meals for homebound elders.

Monday - Friday

Daily Cost: \$3.00

Call the Nutrition Center at
508-866-4698 x 4

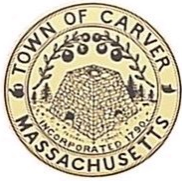
SHINE PROGRAM

Health Insurance Counseling

Heidi Lufkin-Miles

SHINE Counselor / Outreach Facilitator

Call 508-866-4698 x2
for an appointment.



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

OCTOBER 2022

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
2	3 Chair Yoga 10:00 am SINGO 12:00 pm Lunch 11:30 am	4 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Nutrition 1:00 pm Oil Painting 1:00 pm	5 Painted Fall Sign 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00 pm	6 Lunch 11:30 am BINGO 12:30 pm	7 Feeding Your Brain 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	8
9	10 CLOSED FOR COLUMBUS DAY	11 Wellness Clinic 9:30 - 11:30 am Coffee w/ the Chief 10:30 am Lunch 11:30 am Nutrition 1:00 pm Oil Painting 1:00 pm	12 Scarecrow Magnets 10:00 am Lunch 11:30 am Rummikub 12:00 pm <u>Owls Up Close 2 pm</u> Acrylic Painting 5:00 pm	13 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 3:00 pm	14 Lunch 11:30 am Movie Matinee 12:30 pm	15
16	17 Chair Yoga 10:00 am Lunch 11:30 am Senior Fire Safety 1:00 pm	18 Wellness Clinic 9:30 - 11:30 Talk with the TA 10:30 am Lunch 11:30 am Nutrition 1:00 pm Oil Painting	19 Scratch Art Sugar Skulls 10:00 am Lunch 11:30 am Rummikub 12:00 pm Retirement 1:00 p Acrylic Painting 5:00 p	20 Lunch 11:30 am BINGO 12:30 pm	21 Lunch 11:30 am Line Dancing 1:00 pm	22
23	24 Chair Yoga 10:00 am Lunch 11:30 am Halloween LCR 12:30 pm	25 Wellness Clinic 9:30 - 11:30 am iPad Class 10:00 am Lunch 11:30 am Financial Planning 1-4 Oil Painting 1pm	26 Halloween Tea Lights 10:00 am Lunch 11:30 am Witches Brew & Mother Crewe 1:00 pm Acrylic Painting 5:00 p	27 Veterans Agent Mark Pineo 10:00 - 12:00 Lunch 11:30 am BINGO 12:30 pm	28 Bereavement Support Group 10:00 am Lunch 11:30 am	29
30	31 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm		<p><i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs.</i></p> <p><i>To help reduce the costs of printing and mailing please consider receiving your newsletter by email!</i></p> <p><i>Send an email to: CarverCOANews@carverma.org.</i></p>			